

Supplementary Table 1. Participants' characteristics by phase of data collection.

VARIABLE	CATEGORY	PHASE 1	PHASE 2	P-VALUE
		FREQUENCY (%)	FREQUENCY (%)	
Age, years mean (SD) (n=209)		32.79 (4.15)	31.76 (3.92)	0.118
Ethnicity (n=214)	Chinese	19 (38)	83 (50.6)	0.096
	Malay	9 (18)	37 (22.6)	
	Indian	16 (32)	27 (16.5)	
	Other	6 (12)	17 (16.3)	
Employment (n=214)	Full-time	29 (59.2)	117 (70.9)	0.122
	Non-full time	20 (40.8)	48 (29.1)	
Education (n=216)	Degree	38 (76)	54 (32.5)	0.251
	Less than degree	12 (24)	112 (67.5)	
Prenatal care (n=215)	Private clinic	34 (69.4)	104 (62.6)	0.387
	Subsidized clinic	15 (30.6)	62 (37.4)	
Pregnancy in weeks, mean (SD) (n=215)		29.96 (5.91)	30.5 (5.6)	0.556

Data are shown as frequency and percentages, unless stated otherwise.

Abbreviation: SD; standard deviation.

Supplementary Table 2. Demographic details, prenatal care, and GDM control in prenatal survey participants.

VARIABLES	CATEGORY	FREQUENCY	%
Age in years, mean (SD) (n=209)		32 (\pm 3.9)	
Ethnicity (n=214)	Chinese	102	47.7
	Malay	46	21.5
	Indian	43	20.1
	Other	23	10.7
Employment (n=214)	Full-time	146	68.2
	Part-time	13	6.1
	Unemployed	55	25.7
Education (n=216)	Undergraduate degree or professional qualification	150	69.4
	Lower than degree or professional qualification	66	30.6
Pregnancy in weeks, median (range)		31 (8 – 39)	
Multiparous (n=215)		108	50.2
Pre-pregnancy BMI (kg/m ²) * (n=208)	<23	96	46.1
	23 – 27.5	59	28.4
	>27.5	53	25.5
Prenatal care (n=215)	Private clinic	138	64.2
	Subsidized clinic	77	35.8
Perceived health quality (n=216)	Excellent	22	10.2
	Good	158	73.1
	Poor or fair	36	16.7
GDM management (n=214)	Diet	210	97.2
	Physical activity	103	47.7
	Insulin	21	9.7

Data are shown as frequency and percentages, unless stated otherwise.

Abbreviations: SD; standard deviation, BMI; body mass index, GDM; gestational diabetes mellitus.

* Calculated using self-reported prepregnancy height and weight values.

Supplementary Table 3. Characteristics of interview participants (n=30).

VARIABLES	CATEGORY	FREQUENCY
Demographic information		
Age range	26 – 30 years	9
	31 – 35 years	16
	36 – 40 years	5
Ethnicity	Chinese	11
	Malay	9
	Indian	10
Education	Undergraduate degree or professional qualification	22
	Secondary education	7
	Primary education only	1
Employment	Full-time	22
	Part-time or student	2
	Unemployed	6
GDM control and child delivery outcomes		
Nulliparous		19
GDM control	Diet control	30
	Physical activity	17
	Insulin or metformin	3
Mode of childbirth	Unassisted vaginal birth	20
	Elective caesarean section	5
	Emergency caesarean section	4
	Vacuum birth	1
Gestation at birth	36 weeks	3
	37 week and over	27
Birth weight of the new-born	<2.5 kg	4
	2.5 – 3.5 kg	24
	>3.5 – 3.8 kg	2
Postpartum behaviors and health		
Quality of current diet	Good	19
	Fair	9
	Poor	2
Physical activity	Currently physically active	14
	Planning to start	15
	Not planning to be physically active	1
Perceived state of current health	Good	29
	Fair	1
Had a family doctor		10

Data are shown as frequency.

Abbreviations: GDM; gestational diabetes mellitus.